

# NUTRITION

## FOOD GUIDE

| Food Group    |     | Best Food Sources to Eat   |
|---------------|-----|--|
| Grain Group   | 30% | Barley, bulgur, farro, millet, quinoa, black rice, brown rice, oats, corn                              |
| Vegetables    | 25% | Green, leafy, and nutrient-dense vegetables, such as spinach, carrots, broccoli, kale, and Swiss chard |
| Fruits        | 20% | Apples, blueberries, bananas, oranges, mangoes, avocados, lychees                                      |
| Protein       | 15% | Lean beef, eggs, beans, soy, white-meat poultry, pork tenderloin                                       |
| Fat and Sugar | 10% | Olive oil, canola oil, sunflower oil, skim milk, yogurt  |

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